



Mana

The newsletter of **Hawai'i Ki Federation**

Fall 2019

www.mauiaikido.com

curtissensei.com

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Tomonori Kobori Sensei and Christopher Curtis Sensei at the moving of the sacred artifact.



The Tohei family's traditional shrine



Shinto priest, Shinichi Tohei Sensei and Sachiko Tohei placing tiny house at HQ dojo.

Chief Instructor's Message

by Christopher Curtis, HKF

Way back in 1989, the Grand Opening of the new Ki Society Headquarters in Akabane, Tochigi, Japan was held. It was the night before the big day of ceremonies, and as otomo for my teacher Shinichi Suzuki Sensei, I was accompanying Sensei back to his dorm room. It was around two o'clock in the morning, and I was deeply looking forward to finally being able to crawl between the covers of the bunk bed in my own room.

At the last moment, just before I closed his door, Sensei said, "Be at my room at 6:00 in the morning. We will visit the shrine."

The next morning, just after 6:00, Sensei and I walked in the dark in the direction of Tohei Sensei's family home. Just before reaching the front gate of this ancestral home, Sensei veered left into a kind of tunnel between some ancient Ginkgo biloba trees. It was very dark and a bit spooky. Soon we came to a small clearing, with a beautiful old shrine house placed in the middle of the clearing.

Sensei said, "This is the Tohei family's shrine, and in it is a sacred artifact, dear to the family, from several hundred years ago. Tohei Sensei and I visited this shrine each morning whenever I stayed at the ancestral home with him. Now, just follow what I tell you. As you enter the path to the shrine, stand beneath the torii gate, and bow once. When you arrive at shrine itself, bow again. Bring your hands together in front of, and slightly above, your face, and quietly express your gratitude to the universe for all the advantages you enjoy. Then make Ki Ire/Ki Barai to end suffering and recognize the immediacy of awakening, grab the rope hanging in front of you and shake to ring the bell three times. Then bow again, move back down the path, and bow once more from under the torii gate."

"Sensei," I said, "you know I am not religious."

"Chris, please just do as I tell you. Some day you will understand."

"Hai Sensei," I said.

In those early days, it may have been only a very few who visited this shrine each morning. But for many years now, dozens have joined with me in this experience each morning whenever we are visiting Ki Society Headquarters.

Approximately one month ago, Shinichi Tohei Sensei, Sachiko Tohei Sensei, Tomonori Kobori Sensei, Kobori Sensei's brother (a Shinto priest), and I (accompanied and supported by many students from Hawaii Ki Federation and Europe Ki Federation) removed the tiny house containing the sacred artifact from inside of the shrine building and carried it, shrouded by a white sheet, down the pathway, across the highway, and down the lane to Ki no Sato. As we slowly moved along with our great relic, the priest chanted a constant "Oooooooo, oooooooo, oooooooo." For those of us fortunate enough to be involved, we could not fail to be deeply moved. Finally, the tiny house was placed inside the main room of the Ki Society Headquarters building, where it will remain for approximately a year while preparations are made for its final home nearby.

Koichi Tohei Sensei would be very proud and happy to know that this important part of his family history is being preserved and honored in this way. We are all grateful to have been allowed to witness and take part in this great event. ☯

HKF trains at Japan headquarters

by Ilima Loomis

Thirteen members of Hawai'i Ki Federation were joined by teachers and students from Germany and Holland for an intimate Japan Camp at Ki Society Headquarters in Tochigi this fall. The camp was held from Oct. 22 to 25 and included personal instruction by Kaicho Shinichi Tohei Sensei and Tomonori Kubori Sensei. Along with intensive Ki and Aikido training, the camp included many wonderful meals and hours of fellowship together, as well as an opportunity to pay respects at the Tohei family grave site. A particular highlight was the chance to make a final visit to the Tohei family's ancestral home, where those in attendance were gifted with items from the family's tea ceremony collection.

We would like to thank all of those from Ki Society Headquarters who made the 2019 HKF Japan Camp possible, and we look forward to returning next year for the 2020 World Camp! ∞



The Curtises and other HKF participants dined in Tokyo with members and alumni of Keio University Aikido Club.



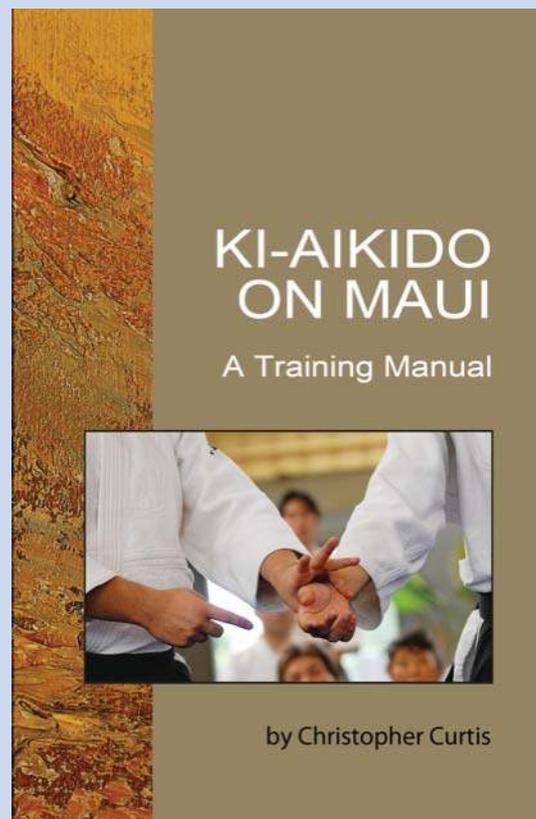
Maui's Fincher Sterling, Cora Godinez, Ilima Loomis, Tracy Reasoner and Guilherme Sampaio in Tokyo.

Ki Aikido on Maui – 4th Edition

Maui Ki-Aikido and Christopher Curtis Sensei announce the availability of the 4th edition of “Ki-Aikido on Maui – A Training Manual,” the only source of Ki Society teaching details available in print or digital form. It is now available as a print book on Amazon.

This 4th edition has been revised with updated information and new material, including a new Foreword by David Shaner Sensei; a new Introduction; new translations of Koichi Tohei Sensei's “Thirteen Rules for Instructors” and “The Living Principles”; guidance for applying kaisho, gyoshu, and sosho training to techniques; teachings on connecting with one's partner; details of the latest kyu and dan testing procedures for examiners, as well as the rank requirements from 5th kyu through 5th dan; and a new teaching on “The Meaning of Aikido.”

An e-book version, will be announced on our website as soon as available. ∞



Hawai'i Ki Federation news from dojos around the Islands

HKF Dan and Den promotions

Rene Relacion of Kapa'a Dojo on Kaua'i was the first person outside of Japan to take the 4th Dan (Yondan) test, given November 17 at the close of the HKF Omiki Seminar at the Hanapepe Dojo on Kaua'i.

This newly created 4th Dan test entails following requirements:

- 1) The 4th dan candidate writes a five page essay on a question about Aikido in daily life. Curtis Sensei decides the question and gives it to the student several weeks ahead of time, allowing preparation at home.
- 2) Curtis Sensei calls out, and the test taker performs, a minimum of 5 Hitori Waza, and a minimum of 7 Kumi Waza.
- 3) Then Ken 1 & 2 and Jo 1 & 2 are performed very slowly and precisely.

The attendees at the Omiki seminar appreciated learning about this new test through Rene's successful experience. It was a great learning experience for everyone. ☺



Curtis Sensei with Rene Relacion (R) and his uke Kyson Gusukuma.



Action from Rene Relacion's Yondan test,



Kumi waza



and Ken 1 and 2.

Photos by Vernon Loo

Kapa'a Dojo – Miyashiro Sensei Retires

At the November 2019 Omiki Seminar, the last he would attend as head instructor of Kapa'a Dojo, Lloyd Miyashiro Sensei was honored by Curtis Sensei and all attending HKF members for his years of strong leadership and excellent teaching.

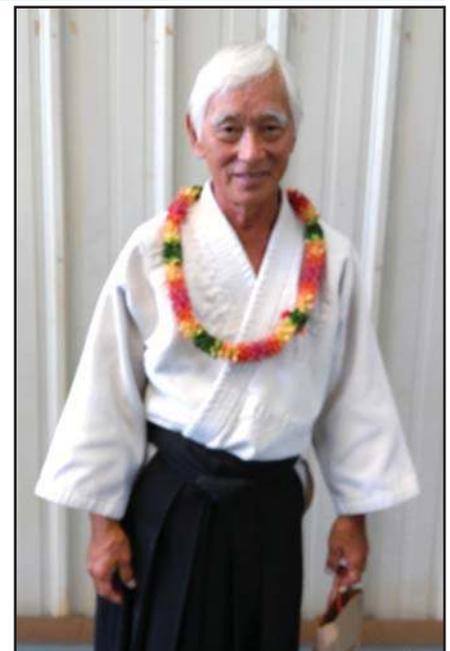
Starting in January 2020, Rene Relacion will officially be the Head Instructor of Kapa'a Dojo.

Miyashiro Sensei started in Aikido on O'ahu before Ki Society was formed. He said, "Tohei Sensei would come there to teach, and after he made his own school, I followed him."

When Miyashiro Sensei moved back to his home island of Kaua'i in 1975 to take a teaching job, he continued Aikido training. He said he was the only instructor at Kapa'a – there was no one else to teach– and he doesn't remember when he was officially named Head Instructor.

Reflecting on the future of the Kapa'a Dojo, Miyashiro Sensei said that after training there for over 20 years, "Rene Relacion is more than ready," to take over as head instructor. "The dojo will be in good hands."

Curtis Sensei personally and publicly offered him the appreciation and thanks of Hawai'i Ki Federation for his service. ☺





Rene Relacion, Lloyd Miyashiro and wife Mary Frances Graham at the retirement party given by Kapa'a Dojo.



Kapa'a Dojo students surround Lloyd Miyashiro Sensei and Curtis Sensei at the Omiki Seminar.

Honoka'a Dojo's Bake Sale for the HKF Endowment



Jack and Lucky Friend and D'artagnan Kunishige help at the bake sale.



Front row: Sage Perry Fraher, Rose Friend and supporter Gabrielle
Back row: D'artagnan Kunishige and Friend brothers Jack and Lucky.

The HKF and MKA endowment funds benefit all Hawai'i students and teachers

Maui's Endowment Fund was started twelve years ago and has reached and surpassed \$200,000. As of 2017, the proceeds from interest on the fund have been used for partial funding for assistant instructors to attend Japan camp, greatly benefitting the development of our teachers, and thereby, all the students they impact.

HKF's endowment, started in 2007, is younger. It has reached a preliminary goal of \$30,000 and is still growing. Donations to the HKF Endowment Fund will nurture the future of Aikido training for all members of our state-wide organization.

Please consider a tax deductible donation to the HKF Endowment Fund, and mahalo nui loa for your support! Mail it to: c/o Maui Ki Aikido PO Box 724, Wailuku, HI 96793

Fall 2019 Omiki Seminar at Hanapepe Dojo

Photo by Vernon Loo



Curtis Sensei with Mike Matsui, teaching connection at the Omiki seminar.



Rene Relacion is tested by a student of the Hanapepe dojo during class at the Omiki Seminar.



Hold the person's whole body. Hold the whole dojo. Hold the universe.



Ken class at the HKF Omiki Seminar.

Happening at Hilo Dojo

Mililani Dojo's Head Instructor Eric Nonaka taught the 3rd annual memorial seminar in at the Hilo Dojo in October, in honor of his father, former and long-time Big Island Head Instructor Takashi Nonaka Sensei. Attendees included kids and adults from both Hilo and Honoka'a dojos.

Hilo Dojo also hosted their summer workshop taught by Christopher Curtis Sensei in August. ☺



Eric Nonaka Sensei, center, shown with Big Island instructors (L-R) Robert Kaneshiro, David Kaneshiro, Mitsuo Murashige and Lillian Paiva, and the rest of the memorial seminar participants.

New format for HKF Summer Seminar

by Christopher Curtis, HKF Chief Instructor

This year, the Maui Shunshinkan Dojo hosted a new kind of Hawai'i Ki Federation Summer Seminar. For several years now, each fall, the Europe Ki Federation's Netherlands Ki Society, under the strong leadership of Ad Voogels Sensei, has hosted a seminar in which each of the EUKF Head Instructors are invited to teach a portion.

So this summer, we at HKF decided to try this same presentation at our Summer Seminar. Each head instructor was invited to teach a one-hour class. This way we filled up one evening and two days with a very eclectic group of teaching styles. Everyone enjoyed the opportunity to see each of our distinguished leaders offer their favorite methods of passing on mind/body unification to their students and peers. ☺



During his class at the Summer Seminar, Byron Nakamura Sensei gives a Ki test.



David Kaneshiro Sensei works with Maui student Derricke Dupas during his class hour.



Kyson Gusukuma and Fincher Sterling are helped by Eric Nonaka Sensei during his class.



Charles Boyer Sensei makes a point in his class at the HKF Summer Seminar.

Maui Youth Taigi Competition winners

Two Maui teen students, Naomi Farnsworth and Noa Greenwell, won the 2019 Youth Taigi Competition at the Shunshinkan Dojo of Maui Ki-Aikido in August. Winning the top score in the Kitei Taigi division also gave Naomi and Noa the 2019 Suzuki Sensei Ki-Aikido Youth Award which is given annually in honor of Maui's founding teacher. The award was created in 2003 to commemorate what was then Suzuki Sensei's 50th year of teaching at the Maui dojo and honors his dedication and outstanding leadership in the development of Aikido in Hawai'i.

In all, 39 children and teens participated in the annual event. In the Children's Taigi division, the winners were Takashi Lea and Olivia Aoki. ♪



The Children's Taigi, #5, was performed by these Maui participants. The high-point winners are holding their certificates.



Curtis Sensei and Taigi Competition head judge Tracy Reason are flanked by the teen winners, Noa Greenwell and Naomi Farnsworth.

Maui instructors give seminars and workshops

Curtis Sensei taught the Tsubaki Sensei Memorial Seminar once again in Lawrence, Kansas, on the weekend of Nov. 8, 9, 10, 2019.

Maui Ki-Aikido continues to offer special public workshops on Saturday mornings during the year. Curtis Sensei taught 2 meditation workshops this fall, and Ki Principles and Self-Defense workshops were taught by, respectively, Joni Jackson and Tracy Reasoner. ♪



Curtis Sensei flanked by (L) Lawrence Head Instructor Andrew LeBar and (R) Lokahi Dojo's Charles Boyer with instructors and students from Houston and Austin TX, Kansas City, and Lawrence KS.

Russian Visitors train at Maui Ki-Aikido

Igor Ostroumov Sensei, the Chief Instructor of Eastern Europe and Western Russia Ki Federation, trained with Maui Ki-Aikido for 3 weeks in July, with Igor Gurevich, a student and teacher from the Moscow Ki Federation, who visited and trained for 1 week. ∞



Igor Gurevich, Christopher Curtis Sensei, and Igor Ostroumov, Chief Instructor of Eastern Europe and the Western Russia Ki Federation.



The visitors from Russia visit with Curtis Sensei in the Shunshinkan Dojo of Maui Ki-Aikido.

Car wash provides funds for the Suzuki Sensei Youth Award Fund

Maui held a car wash as well as a pizza restaurant and silent auction fund raiser to benefit both MKA and HKF. ∞



Maui Aikido kids Elias PeBenito and Noa Greenwell scrub an SUV.



Dad John Madeus works alongside son Jonah as chief organizer Fincher Sterling Sensei provides the quality control.

Did you know Maui Ki-Aikido has a YouTube channel?

Here's the link – please visit!

https://www.youtube.com/channel/UCbXR7MdmWLMV_ZUjp3tZmxw

Newly revised and available in print-on-demand through **Amazon.com** - **Ki-Aikido on Maui**, 4th edition, by Christopher Curtis Sensei, the training manual used by all Hawai'i Ki Federation dojos. (see story on page 2)

Mail In Order Form: Please write in the number of items you are ordering after each price.

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Purchase and download *Letting Go*, in the following formats: Kindle (Amazon); Lulu (Viewable on any device from Lulu); iBook (iTunes Store); and Nook (Barnes & Noble).

Letting Go: Talks on Aikido is a collection of insightful, concise essays adapted from talks given by Christopher Curtis, 8th Dan, the Chief Instructor of the Hawai'i Ki Federation and Head Instructor of Maui Ki-Aikido in Wailuku, Maui. A wide range of topics is covered, from the basic principles and techniques of Ki-Aikido to the practical ways that Ki-Aikido can be applied to living a more centered, productive, and mindful life.

The *Letting Go* book is a useful companion to related Letting Go lectures, podcasts and discussions available on Curtis Sensei's blog, found at curtissensei.com.



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